

JUNE 22 LACDMH RADIO SHOW FEATURES GARY GOUGIS



This Saturday, June 22, 2013 at 8:00-9:00 P.M., tune in for the weekly “Free Your Mind Projects Radio Show” on KABC-AM (AM 790). The Los Angeles County Department of Mental Health (LACDMH) is a proud sponsor of this unique radio show.

Whether you’re in your car or at home, tune in and listen to the hour-long program designed to promote awareness on mental health issues. This week, LACDMH Public Affairs Director Kathleen Piché will be co-hosting with Gary Gougis, a mental health community worker with LACDMH.

On the show, we catch up with Gary Gougis who was one of the three individuals featured in the first *Profiles of Hope* series. Created and produced by the LACDMH Public Information Office to promote mental health awareness, *Profiles of Hope* are 10-minute stories that feature individuals who have struggled with mental health issues and are now in recovery. Since Gougis’ appearance on *Profiles of Hope*, he has been hired by LACDMH and promoted to Community Worker with South Bay Mental Health Center. He shares what life is like now and how he inspires others to seek the hope, wellness and recovery they deserve.

If you miss the show, you can always listen to it archived on the Free Your Mind Projects website: <http://www.freeyourmindprojects.com/category/radio/>.

The “Free Your Mind Projects Radio Show” is always interested in possible guests and subjects to cover. If you know of any persons in recovery or subject matter experts who would be good candidates for an on-air interview in a future show, please contact the LACDMH Public Information Office at pio@dmh.lacounty.gov.